

Troop Command, Brooke Army Medical Center

# Family Readiness Quarterly Newsletter



## Upcoming Events

September is  
Suicide Prevention Month

**BAMC Organizational Day**  
Sep 28, 1000-1500  
Time Warner Park

**Ft. Sam Houston Oktoberfest**  
Oct 12-13

**Troop Command FRG Presents  
Krav Maga Self Defense Class  
for Spouses- FREE**  
Oct 20, 1300-1500  
Jimmy Brought Fitness Center

**Warfighter and Family  
Readiness Hearts Apart Support  
Group**  
Nov 2  
(210) 221-9698/2705

**BAMC Holiday Tree Lighting  
Ceremony**  
Nov 30  
Medical Mall

**BAMC Children's Holiday Party**  
Dec 1  
Medical Mall

**BAMC Holiday Ball**  
Dec 15

**Ft. Sam Houston Newcomer's  
Extravaganza**  
Sep 25, Oct 30, Nov 27, 0930-1100  
Sam Houston Club

## **BAMC ANNUAL ORGANIZATIONAL DAY**

**Friday, 28 SEP, 1000-1530**

**Time Warner Park- 12001 Wetmore  
Rd. San Antonio, TX 78247**



Please join us on Friday, September 28 at Time Warner Park for BAMC's Annual Organizational Day, a fun day of activities and entertainment for all ages!

Children's activities include bouncy castles, puppet shows, swimming, amusement rides, face painting, and much more. Teens and adults can participate in trivia contests, mechanical bull rides, beach volleyball, softball tournament, bingo, and many other activities. All activities begin at 10:00am, so arrive early!

Grady's Hill Country Smokehouse will cater with their True Texas style Traditional barbeque. BBQ plates include sliced brisket and/or smoked sausage, potato salad, creamy coleslaw, Texas Style pinto beans, onions, pickles, jalapenos, and iced tea.

Transportation will be available throughout the day. Shuttle buses will run to and from Time Warner Park hourly with a pick-up and drop off at the BAMC flagpole. The first bus will depart BAMC at 9:30am, and the last bus will depart Time Warner Park at 4:00pm. Parking will also be available on site.

### **Tickets Prices**

**E1-5; GS 1-6: \$6**

**E6-7, O1-O3, GS 7-11, Contractors: \$10**

**E8-9, O4 and above, GS-12 and above: \$15**

**At the Gate: \$20**

\*Price includes all activities, food, and transportation.

Tickets are being sold from 11:00am to 1:30pm in front of SAMMC's Dining Facility (DFAC), SAMMC Garden entrance, and the Fort Sam Houston Primary Care Clinic. Family member prices are equal to the hospital employee pay grade.

\*In addition tickets may be purchased from your company representative.

# TROOP COMMAND



Troop Commander  
LTC Beverly S. Scott



Command Sergeant Major  
CSM Mark K. Pumphrey

Greetings Troop Command Soldiers and Family Members,

This summer has been very busy. In August, Troop Command joined the BAMC Auxiliary in hosting a Welcome Orientation for newly arrived families. Family members had an opportunity to tour the hospital, The Fisher House, and the Center for the Intrepid (CFI). The event was a huge success with over 40 spouses in attendance. We would like to extend our sincere thanks to those that made this event a success. Our next Welcome Orientation is scheduled in October, please contact your FRG representative for more details.

We would also like to thank all the Soldiers and their family members for your continued support as BAMC participated in a weeklong onsite visit by The Joint Commission (TJC). Our team did an exceptional job of demonstrating high quality care and once again, excelled in the accreditation process in compliance with TJC. Job well done!

The Army will observe Suicide Prevention Month during September. As family members, we need to focus our efforts on Army Family well-being, resilience, stigma reduction, and positive results achieved by getting involved and reaching out for help. In support, BAMC will conduct a Suicide Prevention Stand-Down Day on September 27, 2012. During this month, we emphasize Total Force awareness of Health Promotion, Risk Reduction, Suicide Prevention and Comprehensive Soldier and Family Fitness. Resources are available to promote the resilience of Soldiers, Army Civilians, and Family Members.

Upcoming activities include Organizational Day at Time Warner Park, Krav Maga Self Defense class in October, Christmas Tree Lighting Ceremony, Children's Holiday Party, and the BAMC's Holiday Ball. For more information on upcoming activities, please contact your FRG representative.

In closing, I would like to congratulate SPC Joshua Zeigler, Soldier of the Quarter and SGT David Rodriguez, NCO of the Quarter. HOOAH!

As always, we are glad to have you as part of our Family and look forward to seeing you at the next Troop Command FRG event.

## Hope

Chaplain (MAJ) Stan Smith  
Troop Command Chaplain

I recently read in Parade magazine a story about a wife and mother of four who survived a plane crash. From the crash she received burns to 80% of her body and was in a medically induced coma for eleven weeks. She has faced extreme challenges and struggles in her recovery process.

This tragic story supports the idea that life can be tough. If you need any confirmation of this, just watch the news and read the papers. For many, a simple look at our own lives provides ample proof to this claim. Sometimes the challenges can be so tough that a person can begin to believe it is better to just give up.

How does a person get beyond the struggles and continue living? I believe it boils down to one word...HOPE.

The word HOPE is such a strange word. It is full of promise and encouragement. One definition of HOPE is *"to wish for something with expectation of its fulfillment."* The writer of Proverbs states that "The HOPE of the righteous brings joy (10:28)." Again in 13:12, he states "HOPE deferred makes the heart sick." HOPE is a vital part of a person's well being.

But what do we HOPE in? How do we even find HOPE when there seems to be none?


The woman mentioned earlier found HOPE in a surprising moment during her recovery. She was looking at herself in the mirror for the first time when she had the following thoughts:

"I never wanted to be seen again. Then I tipped the mirror up. My green eyes looked back at me, and HOPE rippled through my soul. These were the green eyes I had inherited from my father,

with golden flecks that Christian loved. I caught my breath. I saw God in my eyes. I saw reassurance. I even saw a glimpse of triumph. I was still me. Those eyes were mine. The life I saw in them came from God, and that gave me HOPE for the life of my body."

HOPE has to be centered on something outside of our current circumstances. Our HOPE must be placed in something, or someone, greater than ourselves. King David wrote in Psalm 39:7, "And now, O Lord, for what do I wait? My HOPE is in you." In Jeremiah 29:11, we find this powerful promise, "For I know the plans I have for you", declares the Lord. 'Plans to prosper you and not to harm you, plans to give you HOPE and a future.'"

Regardless of how tough life can become, we can find great strength in HOPE. Let us continue to seek out and grab hold of the HOPE that is available for everyone. Let us encourage those around us to do the same.



### Replenish: Finding strength for your soul in the practice of spiritual disciplines

Wednesday Bible Study

Dates: 26 Sep 12 thru 14 Nov 12

Time: 1200 - 1245 hrs

Location: The O'hana Place -  
lower level behind the ID Card section

This will be an 8 week series.

Bring your lunch, light refreshments provided

# Headquarters and Headquarters Company



## Greetings Headhunter Families!

I hope everyone is staying cool as the dog days of summer wind down and school starts back up. As most of you know, summer and fall is that time of year when the vast majority of Army families say goodbye to old friends and duty stations and hello to new ones. We have a number of new Headhunters, and I want to be the first to welcome each and every one of you into our Family. The Soldiers within HHC do amazing things every day and consistently outperform all the other Companies within BAMC. With any large periods of change in the Army, we must always say goodbye to a friend, co-worker and someone we have come to know and respect. No one fits this more truly than First Sergeant Matos, who will be leaving the Headhunter Family in September. 1SG Matos will be headed to Fort Detrick, Maryland to serve as the NCOIC of Operations for the Sixth Medical Logistics Management Center (MLMC). First Sergeant Matos is truly the epitome of a Professional Non Commissioned Officer setting the standard for every Soldier in the company to emulate. I would like to personally thank him and his family for their efforts while they were at BAMC. Finally, there will be an Army-wide suicide prevention stand-down on 27 September. I strongly encourage every family to have a serious conversation about suicide. It is not a sign of weakness to ask for help. As a matter of fact, it is a sign of personal courage and strength to ask for help. There are several programs that the Army offers for Soldiers who need help. The Command is always available if you or your Soldier need our assistance.



## COME OUT AND ENJOY THE FUN!

**Next FRG event will be 20 October at the FSH Jimmy Brought Gym!!! More details to Follow!**

Please come out to our end of the Month Formations (the last Thursday of every month) and watch your Headhunter Soldiers receive awards and parents with new babies receive their baby dog tags. We are always open to suggestions on where to hold our meetings and events, if you have one please let us know. If you have a few hours to donate each month, we are looking for a new Family Readiness Group Leader.

Regards,

*CPT Lyons*

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**FRG Leader**  
VACANT



# ALPHA COMPANY



Greetings fellow Gators and Gator Families! It is my pleasure to be a part of the Gator Family. As the summer months begin to fade away and PCS Season slows down, we would like to welcome our new Gators to the Family. We also want to welcome our newest Baby Gators. If any Alpha Company Gator, had a baby added to our Family, we would like to welcome them with "Baby Gator Orders". If you are interested in Baby Gator orders for your little one, please contact 2LT Daniel Halvorson.

I would like to introduce COL Melissa Hale as the newly appointed Alpha Co. FRG Treasurer. Thank you for your support, we look forward to your service with us!

In July, we had an outstanding turn out for our Gator Grill Off at Canyon Lake. The event was a huge success. We enjoyed each other's company, played in the sun, and even enjoyed some refreshing time in the lake. Thank you SSG Sleath and 2LT Halvorson, for the delicious BBQ, and to all those who contributed to the success of the event. We will continue to have events like these to share our comradery. Troop Command will be combining the Company FRG events. Instead of having individual company FRG events, we will have monthly combined, more extravagant, events.

I hope everyone had a great summer because School is back in session! As the school year begins, I would like to let you know that BAMC Troop Command is partnered to support Cole Middle and High School. Our Soldiers have an opportunity to volunteer as mentors, tutors, and lunch buddies to support the High School. If anyone is interested, please contact 1SG Collins or myself. We can link you up with the appropriate POCs.

As the temperatures begin to cool down, slightly, we look forward to the fun events on the horizon. The Brooke Army Medical Center 2012 Organizational Day will be held on 28 September at Time Warner Park from 1000-1530. For more information, contact 2LT Halvorson.

We are always looking for good ideas and suggestions for our FRG meetings, if you have any, please let us know.

Thank you for your continued efforts and support.  
Serving to Heal..... Honored to Serve!



*Gator 6*

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# BRAVO COMPANY

Greetings!

First, the summer PCS season is just about complete and I want to welcome all the new Soldiers and Families to the Bravo Company family. We are excited to have all of you on the team. It's been another motivating and rewarding time for the Soldiers of Bravo Company. Our Soldiers continue to strive for excellence and lead from the front. The success and accomplishments of Bravo Company Soldiers over the past quarter are too many to mention, but I will take the time to name a few. SGT David Rodriguez recently won the Brooke Army Medical Center's Non-Commissioned Officer of the Quarter Competition. Our departments received high accolades and superb remarks during a recent survey by The Joint Commission, an organization that accredits health care organizations and programs in the United States; our Soldiers excelled during this stressful week-long survey. Whether it is individual success stories or outstanding team efforts, I want to thank every Soldier and their families for all the hard work and effort.

Lastly, to quote the 38th Chief of Staff of the Army General Raymond Odierno, *"The strength of our Nation is our Army; the strength of our Army is our Soldiers; the strength of our Soldiers is our Families. This is what makes us Army Strong"*. Thanks for keeping us Army Strong!

Very Respectfully,

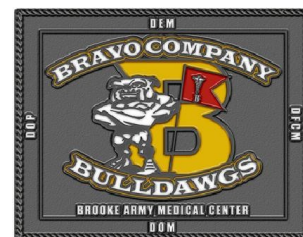
CPT Rendy Yudhistira  
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Family Readiness Liaison  
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# CHARLIE COMPANY



CPT Ino Ruiz  
Office: 539-4026



1SG Larry White  
Office: 539-4025

## Cougars!

The summer season has come and gone and we hope that everyone enjoyed themselves during the break. Now the fall/winter season is upon us, which we know will bring many challenges to us and our Families with school, sports and the holidays. The Commander and I want to thank you all personally for the support that you have provided us throughout our transition as the new Command Team of Charlie Company.

We would like to point out just a few of the exceptional things that the Cougar Family has been doing; first and foremost, we would like to congratulate a couple of outstanding Soldiers from the Department of Surgery- SGT Anderson for winning NCO of the month for August and SPC Foster for graduating from WLC on the Commandants list, no easy feat; warm welcomes home are due to MAJ Kauvar as we are grateful he made it back safely from his recent deployment; and last but certainly not least, excellent job to all those that contributed to the success of The Joint Commission survey- without your hard work and dedication it would not have been possible.

Please accept our open invitation to you and your families to participate in Charlie Company's FRG as any new energy and ideas would be greatly appreciated. The FRG is a wonderful program for every unit, but is only successful with the support of its members.

Thank you again for all that you do for the success of Charlie Company and the BAMC mission.

Very Respectfully

Charlie Company Command Team

Family Readiness Group Leader  
Mrs. Tiffany Durrah  
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## DELTA COMPANY

Greetings to the Delta Dragons and Family Members!



**CPT Jennifer Husbands**

**Cell: 210-508-0984**

**1SG Matthew Crown**

**Cell: 210-487-1064**



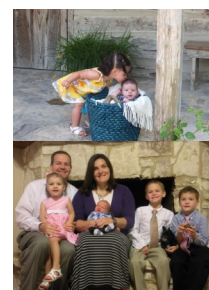
First Sergeant Crown and I hope that you were able to enjoy the hot weather and spend some valuable time with the kids during the summer break. We know that you all have been busy shopping for back to school items, and we hope the kids have a smooth transition now that school has started.

Thanks to all of you who came out and supported the Splash Pad event, planned by our Family Readiness Group (FRG) leaders, Mrs. Durrah and Mrs. Woodworth. This was a joint event with the Charlie Company Cougars and one to remember! Over 80 Soldiers, Family members and friends came out and enjoyed the water balloon fights, two-legged races (won by CPT Durrah and son Noah), Hula Hooping and other water events. We enjoyed a hearty barbeque complements of our "grill masters" SFC Cruz, SSG Rios, SSG Castaneda, SSG Gigout, SGT Gomez, SPC Reta and SPC Velez-Moya. My family drove all the way from Fort Hood to attend this wonderful event, and First Sergeant Crown's wife, Kyle, and son, Chase, enjoyed being sprayed by water guns!



The past months have been busy as usual. SFC Eric Terrell, platoon sergeant for our Laboratory Technicians for the past two years, is retiring after serving our great country for over 20 years. He is currently on transition after turning over the reins to SSG Richard Gigout. SSG Gigout joined the Dragon team in July and has been a valuable addition.

We have had two Baby Dragons join the team. Matthew Robert Levesque was born on June 30<sup>th</sup> to CPTs Robert and Adrianna Levesque. Baby Matt was 8 lbs 14oz and 21 inches long. Vaughn Everett Jackson was our second addition and was born on July 27<sup>th</sup> to CPT Garrett and Rachel Jackson. Baby Vaughn was 7 lbs 2 oz. and 20 inches long. They both received Baby Dragon Certificates as keepsakes.



We have graduated over eight classes in the past three months. The Trauma Nurses graduated 18 students on July 16th and LTC Cory Williams and his team has rolled right into another class. The Medical Laboratory Technician course graduated four new 68Ks on August 1st. Six Baylor Physical Therapists graduated on August 16th. CPT Umlauf and 1LT Ackerman received the Leadership and Service awards, respectively, for outstanding achievements during their internship. The LVN course (68WM6) graduated 46 students on August 23rd. SFC Sampson received a token of appreciation from the class for his superior mentorship during the past year. The Perioperative Nursing Course graduated seven students including two Egyptian Foreign National students on September 6th. Six of our Behavioral Health students graduated from the Officer Basic Leader Course on September 12th. We have also had the honor of promoting several of our students.

Delta Company will host the New Family Member Orientation in October. Our FRG Leader, Mrs. Durrah has volunteered to assist. Organizational Day is on September 28th. Please join us for a great time with friends and family.

Please remember that we have moved our Company Headquarters from main post to the SAMMC campus. We are now located in Building 3644 near the new Soldier Family Assistance Center behind Okubo barracks.

Thank you, Dragon Team for the many sacrifices you make for our great Nation.

Respectfully,

CPT Jennifer Husbands and 1SG Matthew Crown  
Serving to Heal...Honored to Serve!



## “Utilizing Integrative Restoration (iRest®) to Enhance the Resilience of Military Couples”

Purpose: To determine if participation in Integrative Restoration (iRest) by Service Members who have deployed and their spouses decreases sleep disturbance and stress and improves marital enrichment.

This study aims to enhance the psychological health and well-being of military couples with an innovative intervention designed to enrich the dyad relationship and promote individual resilience. iRest is a non-religious meditative practice that is designed to help participants enter a deep state of relaxation or rest and release negative body sensations, emotions, beliefs, and stress. iRest is similar to yoga but does not involve any physical movement. Participants are guided through a multi-step relaxation practice.

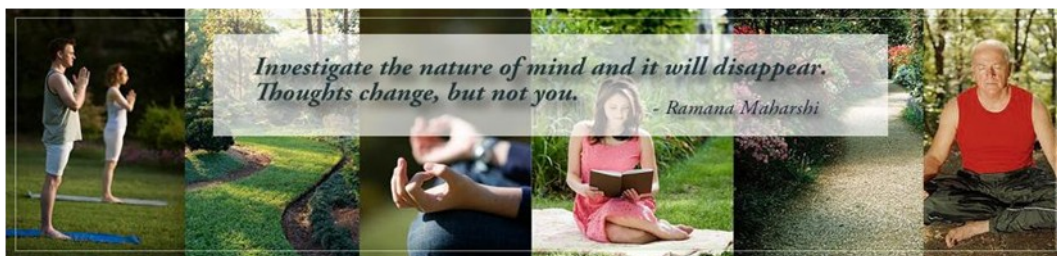
Inclusion/exclusion criteria:

Active Duty, Reserve, or National Guard Army, Air Force, Navy, or Marine Service Member or Veteran who has deployed within the last 2 years

- Both Service Member/Veteran and spouse individually agree to participate
- Service member must score 10 or more on the Epworth Sleepiness Scale (ESS)
- Be at least 18 years old

Payment (compensation): Participants will receive a total of thirty dollars (\$30.00) per session (\$30 per session X 6 sessions= \$180) sessions total) if they require care for their children while they are participating in this study.

*Please contact Erika Stoerkel at 210-916-3723 or [erika.l.stoerkel.ctr@us.army.mil](mailto:erika.l.stoerkel.ctr@us.army.mil)*



## EMPLOYMENT READINESS

Employment Readiness is available to assist you with job search assistance. Some of the classes available include Resume Writing, Interview Skills, Dress for Success and more. Computer and internet usage is also available. Call (210) 221-056 or (210) 221-0427 for more information.

## FRG Presents FREE Krav Maga Self Defense Class

# BAMC TC FRG Presents Krav Maga Self Defense Seminar for Spouses

**Saturday, October 20, 2012**

**1300-1500**

**Jimmy Brought Fitness Center**

To sign up or for more information please contact SSG Bombarger  
at [lacey.bombarger@amedd.army.mil](mailto:lacey.bombarger@amedd.army.mil) or the FRSA at  
[BAMCFamilyReadiness@amedd.army.mil](mailto:BAMCFamilyReadiness@amedd.army.mil).

**\*\*Spaces are limited sign up today\*\***  
Event is open to all BAMC spouses

## Oktoberfest - October 12-13, 2012

Join us for a 2 day celebration with an authentic German biergarten, foods and live music.

Last year's Oktoberfest featured carnival

rides, children's activities tent and games plus sponsor and vendor booths.

Fort Sam extends an invitation to the public to join us for

2 days of fun! Admission & Parking are free! If you would like to sponsor this event, call (210) 221-2307.



Live music and authentic German style cuisine.

## *“Ask, Care, Escort” Can Save A Life*

Maria Gallegos  
BAMC Public Affairs

What would you do if you were faced with someone who may be suicidal? How would you respond if they told you of their plans to take their own life?

Hearing someone talking about suicide may make you feel uncomfortable, but educating yourself on what to do before it happens may ease the apprehension, which could save a life.

Ask, Care, Escort, or ACE, provides suicide prevention and awareness training for all Soldiers, staff, civilians and their family members. This Army-approved program teaches suicide behavior recognitions and the warning signs associated with suicide. The course also provides an opportunity to discuss and participate in role-play realistic scenarios, and to practice communication and intervention skills to increase confidence to ask if someone is thinking about suicide.

The following steps are some helpful ACE tips on suicide prevention and awareness:

**“Ask”** the question -- “Are you thinking about killing yourself?” Asking the question directly can be difficult but it will let your friends know you care enough about them to ask the question and that you are aware of the pain they are going through.

What do you do when they answer “Yes”?

**“Care”** and listen to what your friend is thinking. Suicidal people feel that they lack the love and support of others, so showing that you are willing to listen is an important way to help. Take the subject seriously, not everyone who thinks about suicide actually attempts it; however, you do not want to take that chance.

**“Escort”** should be the easiest step in the ACE model, if you already know where to go for help. Take the time to get to know the available resources -- nearest chaplains, military medical treatment facility, behavioral health providers and the emergency room. Accompany them and never leave your friend alone.

Suicide prevention is a shared responsibility of commanders, leaders, Soldiers, and civilians at all levels. Direct questioning, supportive listening and gentle but persistent guidance can help bring hope and appropriate treatment to someone who believes suicide is the only option.

Brooke Army Medical Center Department of Ministry and Pastoral Care offers ACE training to all new staff and their family members monthly in the Newcomers Orientation at San Antonio Military Medical Center.

For more information on suicide prevention and awareness, please call BAMC Department of Ministry and Pastoral Care at 210-916-1105; Military OneSource, [www.militaryonesource.com](http://www.militaryonesource.com), 1-800-342-9647; or National Suicide Prevention Lifeline, [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org), 1-800-273-TALK (8255).



## PROMOTIONS

### TO SERGEANT MAJOR

McFRAZIER, MELISSA A CO

### SERGEANT FIRST CLASS

SANDERS, STEVEN C CO

SULLIVAN, MERLE A CO

### TO STAFF SERGEANT:

MIGUES, CAROL HHC

### TO SERGEANT:

HOLSINGER, CHRIS B CO

COULTER, ALYCIA A CO

RODRIGUEZ, SERGIO HHC

NAVA, ISAAC HHC

WOOD, DANIEL B CO

### TO SPECIALIST:

HOWARD, HEATHER C CO

STILL, JOSHUA C CO

SANDALO, MARISOL A CO

### TO COLONEL

FISCHER, SCOTT HHC

CRAWFORD, DONALD B CO

### TO LIEUTENANT COLONEL

CLARK, JEFFREY A CO

CLOUDENPERDUE, BETTY A CO

LEITH, JAMES A CO

MORRIS, PATSY A CO

SLIM, AHMAD B CO

GESLAK, KIMBERLY A CO

LAUER, BRIAN A CO

### TO MAJOR

CASE, ROBERT

CHRISTENSEN, DWIGHT A CO

KOCHER, BENJAMIN B CO

SHELL, THOMAS B CO

MARTINEZORSORIO, JORGE B CO

ADAMSHENDERSON, JAMILIA D CO

MARTINEZ, SAUNDRA A CO

RAMOS, CARLOS A CO

RITTER, ALFREDA HHC

SZAKEL, JASON B CO

VIRAY, RANDY A CO

ZMIJSKI, RENEE HHC

FLORES, REBECCA C CO

WHELCHER, JOSEPH B CO

### TO CAPTAIN

COULTAS, HOLLY A CO

ALFORD, HEIDI A CO

RAY, LASHAWNNA HHC

MACK, AMIE A CO

WEIR, BRETT A CO

WEIR, SARAH A CO

### TO FIRST LIEUTENANT

MANKELOW, ROSE A CO

KECK, JOSEPH A CO

WILSTEAD, IAN A CO

STAADS, JOHN A CO

LIEBEL, MICHELLE A CO

POLK, JANSWAYE A CO

LUBRECHT, AMANDA A CO

SMITH, SHAWNA A CO



## AWARDS

### LOM

### MSM

MATOS, BERMORYS (1SG)	HHC
MCINTYRE, DERRICK (SFC)	HHC
PILLMEIER, EILEEN (LTC)	A CO
SALL, JAMES (LTC)	B CO
SPELLS, MIRIAMA (LTC)	A CO
WARD, FRANCES (LTC)	A CO

### ARCOM

BLADOW, JILLIAN (1LT)	D CO
BURTON, ROBERT (SGT)	A CO
CASTON, CORY (SPC-P)	HHC
CRUMP, JOSHUA (SSG)	B CO
DIPANE, BARBARA (SPC)	C CO
GODWIN, ZACHARY (1LT)	A CO
HALL, CANDIS (SGT)	HHC
JORDAN, JEREMY (SGT-P)	A CO
PEREZ, DEIDRA (SPC-P)	C CO
PEREZ, JESUS (SPC)	C CO
WILLIAMS, NATHAN (SGT)	A CO

### AAM

CHANCELLOR, MELISSA (SPC-P)	A CO
IVASKA, CHRISTOPHER (SGT)	B CO
JOHNSON, MATTHEW (SSG)	A CO
SCHULTZ, ANDREA (1LT)	A CO

## Better Opportunities for Single Service members

(210) 295-3247

Joint Base San Antonio - Better Opportunities for Single Service members (BOSS) is a dynamic program that single service member can participate in to enhance their Quality of Life, contribute to their community through Community Service activities, and assist in the planning and execution of their own Recreation and Leisure events.

BOSS activities are open to all Family and MWR patrons to include the National Guard, Army Reserve, other branches of service, Department of Defense civilians, Foreign Service members and geographical bachelors. Anyone can participate with the BOSS program.

### **BOSS Components**

#### **Quality of Life**

Quality of Life includes those issues that service member can directly or indirectly influence to enhance their morale, living environment, or personal growth and development. Issues raised during BOSS meetings will be directed to the appropriate command or staff agency for resolution on the installation. Army-wide issues are forwarded to the Army Family Action Plan Conference for possible DA resolution.

#### **Recreation and Leisure**

Fun activities are planned by the BOSS council working in conjunction with the Family and MWR Advisor and CSM. These events are geared towards the desires of the Single service member on that installation.

#### **Community Service**

BOSS makes a difference by volunteering in community projects and events. This is always voluntary in nature, and service member find this to be personally rewarding.

#### **Mission and Vision**

**Mission** - To enhance the quality of life and morale of single service member, increase service member retention, and sustain readiness.

**Vision** - Be the advocate for single service member to ensure they have a Quality of Life commensurate with their service.



# SPECIAL OLYMPICS

## REQUEST FOR BUDDIES AND VOLUNTEERS

The EFMP is looking for Olympic Buddy volunteers and Event facilitators for our Joint Base San Antonio Special Olympics.

### BUDDIES

Buddies will need to commit to three (3) specific sessions:

*\*There will be a training time TBD.*

- Morgan's Wonderland Event - Saturday October 13
- Special Olympic Bowling - Tuesday October 30
- Special Olympics Day - November 3

### VOLUNTEERS

Volunteers will be assigned specific roles during Special Olympics and may be facilitating event lanes and events.

- Volunteer time will be from 0830-1300 on event day.
- Orientation will be provided on Thursday, 2 November 2012
- Warfighter and Family Readiness, Training Room 1 from 1500-1600.

FOR MORE INFORMATION, CONTACT THE FSH EFMP OFFICE AT:

210-221-2962

→ SIGN UP ONLINE ←

<http://jbsaefmp.wufoo.com/forms/jbsa-special-olympics-2012/>





## Armed Forces Action Plan (AFAP) Conference

13-16 November 2012

Dodd Field Chapel

221-2336

AFAP provides the Joint Base San Antonio (JBSA) community a “voice” in shaping their standards of living and identifying issues related to the current environment. Through AFAP, all members of the service, including Active, Reserve, and National Guard Soldiers, Family members, retirees, surviving spouses, and Civilians have a forum to voice concerns to leadership and make recommendations for change.

Since 1983, AFAP has addressed 683 issues and each one originated as an idea that someone decided to pursue including development of the BOSS Program, the need for School Liaison officers, extended educational benefits for spouses, mandated in-state tuition rates for service members and their dependents, dental and visual insurance coverage for federal employees, distribution of Montgomery GI Bill benefits to dependents, free online tutoring for military students. AFAP also offers volunteer opportunities.

All issues must be submitted by Oct. 19.



**Issue Submission:** Issues may be submitted online at <http://acslab.wufoo.com/forms/joint-base-san-antonio-armed-forces-action-plan/>, via email at [jbsa.afap@gmail.com](mailto:jbsa.afap@gmail.com); by fax (210) 221-2040; in an AFAP issue submission box located throughout the community; dropped of at Warfighter and Family Readiness (Bldg. 2797 Stanley Rd, Ft. Sam Houston; Lackland A&FRC, 2160 Kenly Ave, Bldg 1249; or Randolph A&FRC, 555 F Street West, Bldg 693.

## Discounted Tickets

Don't pay those pesky convenience or processing fees, visit the Ticket Office for discounted tickets! The Ticket Office is open Tuesday - Friday from 10am - 5pm, call (210) 226-1663 for details.

**Special Event Tickets** (call for pricing and availability)

- **Phineas and Ferb:** Sept 7 at 4 pm and 7 pm
- **The Nutcracker:** Dec 21 at 7:30 pm, Dec 22 at 2 pm or 7:30 pm, Dec 23 at 2 pm
- **Moscow Ballet:** Dec 28 at 7 pm, Dec 29 at 2 or 7 pm
- **Rocking Everafter-, Disney on Ice:** April 10-14

**Joint Base San Antonio  
ARMED FORCES ACTION PLAN**  
*Issue Submission Deadline 19 Oct 2012*

**AFAP Issues for Consideration/Resolution**  
*(List only one issue per page, please.)*

**Issue:** (What is the problem and why is it a problem?) Please provide details!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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**Recommendation:** (How can the issue be fixed?) BE SPECIFIC!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_







**Name, Phone Number, and Email:** (Optional, used to contact you for clarification purposes and to provide feedback only.)

\_\_\_\_\_


**Please check your branch of service to ensure proper routing:**

☐ Army ☐ Air Force ☐ Navy ☐ Marine ☐ National Guard ☐ Reservist

NOTE: If the issue can be resolved locally, it will be forwarded to the local service provider. If not, it will be included in the 2012 JBSA AFAP conference for review and prioritization. Issues can be submitted by email at [jbsa.afap@gmail.com](mailto:jbsa.afap@gmail.com); by fax (210) 221-2040; in an AFAP Issue Submission Box located throughout the local installations; or dropped of at the W&FR, Roadrunner Community Center, Bldg 2797, Stanley Road, Fort Sam Houston; Lackland A&FRC, 2160 Kenly Ave, Bldg 1249; or Randolph A&FRC, 555 F Street West, Bldg 693.

**"Inspire Change...  
One Voice at a Time"**



Scan code to submit on issue using a mobile device.

BAMC MCHE TC  
ATTN: CHARLOTTE URIEGAS, FRSA  
3551 ROGER BROOKE DR  
FORT SAM HOUSTON TX 78234-6200  
OFFICIAL BUSINESS

**We're on the web!**  
**[www.armyfrg.org](http://www.armyfrg.org)**  
**[www.facebook.com](http://www.facebook.com)**

Disclaimer: The inclusion of some unofficial information in this FRG newsletter has not increased the costs to the Government, in accordance with DoD 4525.8-M, Official Mail Management Manual.

## More News you can use....

### **Free Classes at Jimmy Brought Fitness Center-**

Zumba  
Boot Camp  
Cycling  
Circuit Training

Call (210) 221-1234 for detail on dates and times.

### **Family Life Programs**

#### Workshops

5 Love Languages	-	5 Love Languages of Teens
Anger Management	-	Children in the Middle
Bringing Baby Home	-	Infant Massage
HUGS Playgroup	-	Negotiating Conflict
Man of the House	-	Baby Talk
Nurturing Parenting	-	Scream Free Parenting
Scream Free Marriage	-	Single Parenting
Stepfamilies 101	-	Stress Management
Success for Teens	-	Talk is Cheap

#### Services

Exceptional Family Member Program	
Unit trainings	- Kids on the Block

For more information and to register for a class, call Family Life Programs at (210) 221-0349 or (210) 221-2418.